Keeping cosy and warm for less

How to set your heating for winter

A range of heating controls can be used and installed – many householders already have these. This factsheet explains what they do and how they can be used to save energy.

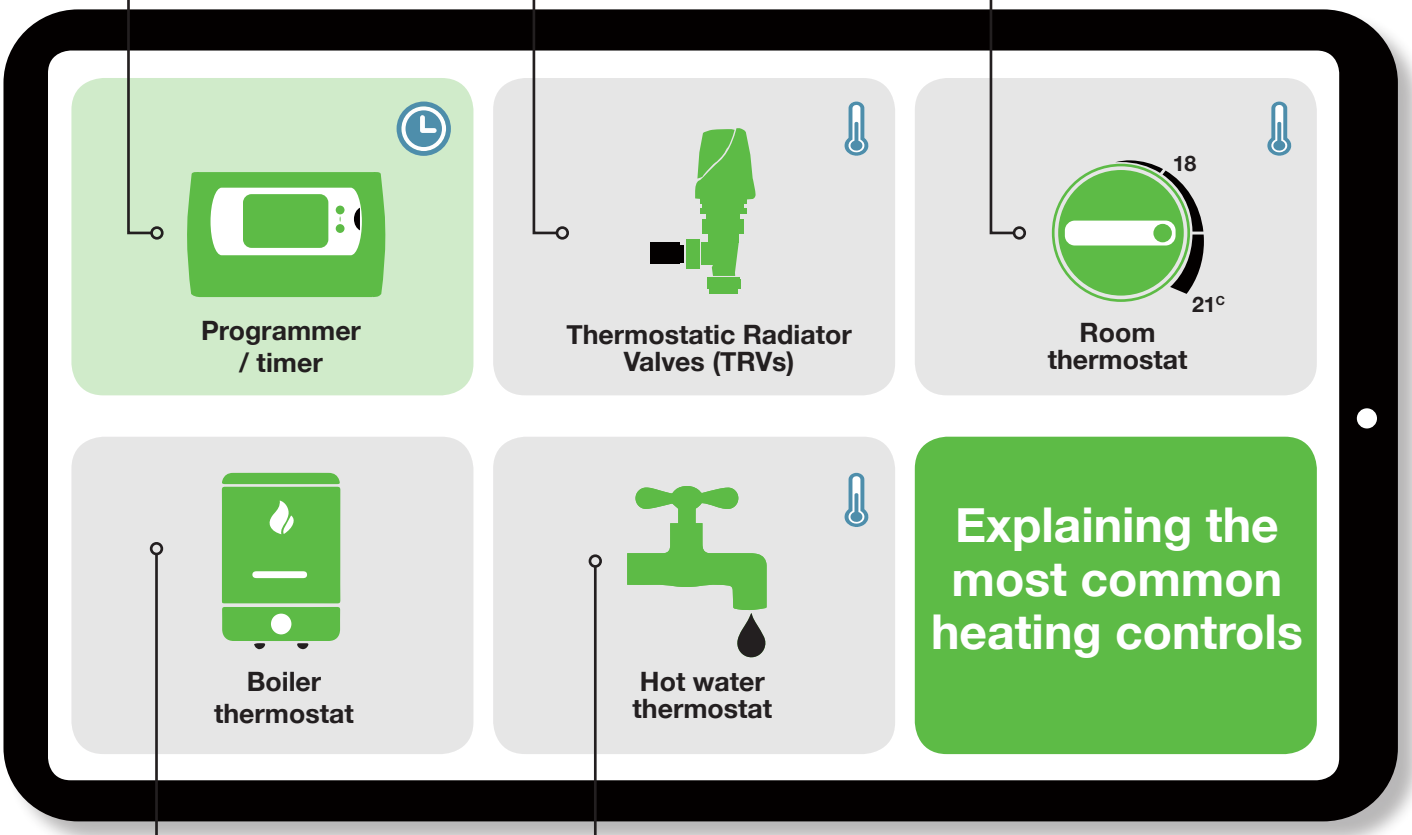
Heating your home and hot water is likely to account for 60% of your total energy bill.

Installing and correctly using a full set of heating controls could save you around £80 to £165 a year.

Programmer/timer
Used to determine when the heating automatically turns on and off.

Thermostatic Radiator Valves (TRVs)
Can be used to control the temperature in different rooms, or turn the heating off completely in a room so that you are not heating rooms you are not using.

Room thermostat
Turns the heating off whenever the room goes above the set temperature. This means the boiler will not be using energy when the home is warm enough.



Boiler thermostat
Controls the temperature of the water the boiler sends to the radiators. It is usually a dial on the boiler with a picture of a radiator on it. Normally this should be set to high and then the heating levels are controlled with the room thermostat and thermostatic radiator valves.

Hot water thermostat
Controls the temperature of the hot water from the taps. If there is a hot water tank, the thermostat will be on the outside of the tank/cylinder. On a combi boiler (without a hot water tank) the hot water thermostat is normally a dial on the boiler with a picture of a tap next to it. The hot water temperature should be set to 60 ˚C and not lower (to prevent build up of legionella bacteria).

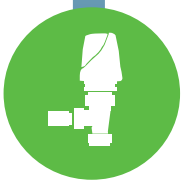
Estimated savings and costs quoted are based on a family of 4 sharing a 3 bedroom semi-detached home (Energy Saving Trust, April 2016).
For expert and impartial free advice on reducing your fuel bills, saving energy and making your home more comfortable visit **energysavingtrust.org.uk** or call: England and Wales - The Energy Saving Advice Service on 0300123 1234 (charged as a national rate call). Scotland – Scottish Government's Home Energy Scotland hotline on 0808 808 2282 (calls are free).

Setting the heating controls

Standardising heating controls in 3 easy steps

Keep your room thermostat set between 18°C and 21°C

Use your timer/ programmer to only heat your home at times when you need it



Use thermostatic radiator valves to only heat the rooms in your home that you are using

Myth busting

Q. Should I turn up the thermostat to keep warm when it is cold outside?

A. No, the purpose of the thermostat is to maintain the desired temperature, whatever the weather.

Q. If I turn up the room thermostat will it heat the room more quickly?

A. No, the room thermostat just controls the temperature at which the heating turns off. Turning the thermostat up won't change how quickly your home warms up.

Q. Is leaving the heating on low constantly more efficient than turning it on and off?

A. No, this will mean your home will be heated when you are not there and it may be too cold when you are there. It is better to use a programmer/timer to ensure the heating is on when you are home and off when you are not.

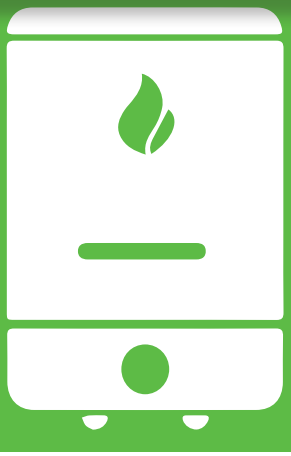
Hot water heating

If you have a combi boiler

- It will heat the hot water as you need it

If your boiler has a hot water tank

- Set the hot water to come on around half an hour before you need it in the morning
- Try not to use the immersion heater where possible (it is more expensive than using the boiler)
- Make sure the tank is well insulated



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